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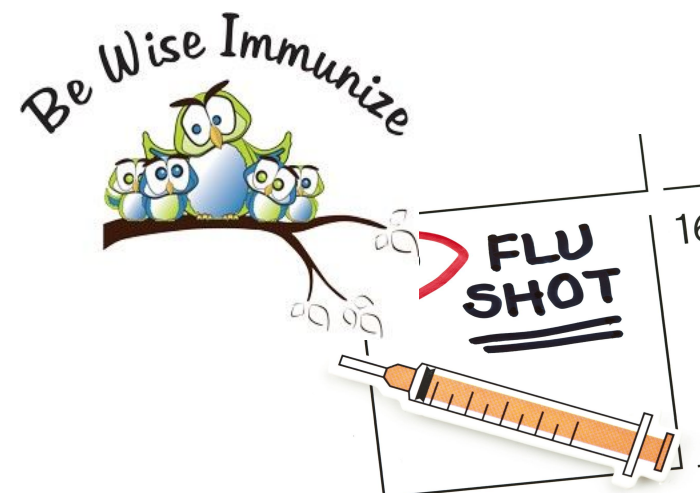
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Interested in going paperless? Want e-mail version?

Check it out!!

<https://mailchi.mp/00959fcf4d9b/caregiversupportdc>

Sign up and Enjoy Today!!



- Alzheimer's Association Dementia Caregiver Support Groups**
 - Bountiful South Davis Community Hospital 401 S 400 E Beautiful, 1st & 3rd Thursdays @ 3 - 4:30pm
 - Layton Hill Air Force Base/Warrior Fitness Center Bldg 533, HAWC Classroom, Meeting 2nd Monday @ 11a - 12pm ***Must have military ID to attend***
- 24/7 Alzheimer's Support Helpline**
800- 272-3900 and TDD 1- 866-403-3073
- The NAMI Connection Support Group**, which helps those living with brain disorders/mental illness, will meet from 7 p.m. to 8:30 p.m. every Wednesday, at the IHC Clinic, 390 N. Main, in Bountiful.
 - North Family Support Group**, North Davis Senior Center, 42 S. Main, Clearfield. For further information, call Mike Prinster, 801-499-1398; or Noni Dangerfield, 801-547-9313.
 - South Family Support Group**, IHC Clinic, 390 N. Main St., in Bountiful. For further information, Cindy Bull, 801-698-2661.
- S.A.G.E./LGBTQ**
 - Salt Lake City area** -Tenth East Senior Center
 - Ogden area**- Washington Terrace Senior Center- Make new friends and get to know other LGBTQ older adults near you. For more information Call: (385) 468-3140
- Parkinson's Support Group**
Meets at North Davis Senior Activity Center (42 S. State St., Clearfield) For more information contact; Dale George (801) 451-6238



The Caregiver Telegram AUGUST 2019

The Flu Shot isn't just about you'

Vaccinations for Caregivers and Older Adults

If you are not taking care of yourself then you cannot take care of someone else. Even though they do without, while sensible, often does not hit home with caregivers until it is too late. While there are many ways caregivers may take care of themselves, one of the best is through preventive vaccinations.

Pneumonia and the flu are leading causes of death among older adults; however, these conditions may be prevented by receiving their respective vaccinations. The flu vaccination requires an injection once per year. The pneumonia vaccination requires a one-time injection. Medicare Part "B" provides for these two vaccinations: annually for the flu and once for pneumonia for older adults.

Check with your insurance to find out what they offer for vaccinations.

In addition to vaccines for the flu and pneumonia, it is recommended to have the following vaccinations or boosters for adults:

- Tetanus/Diphtheria
- Measles, Mumps and Rubella (MMR)
- Hepatitis "A" and "B"
- Varicella (Chicken Pox)
- Meningitis

Also, when traveling, consider where and when you are going to find out what vaccines are needed for you and the one you are taking care of.

Thank you for ALL you do!

For more information, talk to your health care provider or visit:

<http://www.cdc.gov/vaccines/>
<https://www.ncoa.org/blog/vaccines-grandparents-protect-against-common-school-viruses/>

--ExTension.org, Thank you for your article.

<https://articles.extension.org/pages/9367/vaccinations-for-caregivers-and-older-adults>

2019 DAVIS COUNTY

Produce Stands and Farmers' Markets

accepts SNAP funds

BOUNTIFUL

3 Squares Produce
1625 S ORCHARD DR
801-243-2801
If sign is out, come on in!
www.3squaresproduce.com

CHAS W Bangerter & Son
1304 N 400 E
801-295-3056
MON & WED 3:30-6:30
SAT 9 am - 1 PM
facebook.com/Chas-W-Bangerter-Son-116524438384937/

Duncan Orchards
1245 N. Main
MON-SAT 10 am - 6 PM
duncanorchards.blogspot.com

Skinner Produce
1800 S. Main
MON-SAT 10 am - 7 PM
facebook.com/SkinnerProduce

BOUNTIFUL Farmers Market

400 N 200 W
385-775-6314
STARTING JUNE 20TH
THURSDAYS 3 PM - 8 PM
www.bountifulmainstreet.com/farmers-market

FARMINGTON

Pack Farms
1700 W GLOVER LN
801-232-1637
SEPT 28- OCT 30
Mon-Sat 9 am - 8 pm
www.packfarms.com

CHAS W Bangerter & Son
400 S 650 W
801-295-3056
STARTS JULY 20TH
SAT 9 am - 1 PM
facebook.com/Chas-W-Bangerter-Son-116524438384937/

Butcher Orchard
83 S 1375 E
801-544-1362
Come pick Apples fresh off the trees!
Cherries also available

Manning Orchard
107 N Mountain Road
801-544-3506
MON-SAT 10 am - 6 PM
facebook.com/manningorchards

CENTERVILLE

Skinner Produce
55 S. Main
MON-SAT 10 am - 7 PM
facebook.com/SkinnerProduce

Miya's Farm
107 S. 1000 W.
801-430-1236
MON-SAT 9 am - 6 PM
facebook.com/miyasfarm

Wilcox Farms
1455 S. 1000 W.
801-776-1876
facebook.com/wilcoxfarms74

CLEARFIELD

KAYSVILLE

BORSKI organic farms
315 N. Main
801-941-9620
MON-SAT 10 am - 7 PM
www.borskifarms.org

KOHLES FAMILY Farm
388 BOYNTON ROAD
801-604-7440
Call if interested in purchasing produce.

USU Botanical Center Farmers Market
875 S 50 W, Kaysville
JULY 11- SEPT 19
THURSDAYS 5 PM TIL DUSK
www.usubotanicalcenter.org/events/farmers-market

LAYTON

Day Farms
2500 W GENTILE
801-546-4316
facebook.com/Day-Farms

DIBBLE FARMS
2463 W GENTILE
801-544-3825
MON - SAT 9 am - 7 PM
facebook.com/dibble-farms

SYRACUSE

Haystack Farms
801-791-2509
NO SET HOURS, CALL FOR ORDERS
facebook.com/Haystack-Farm

ROBERTS FAMILY Farm
928 S ANGEL STREET
801-915-6960
Mon - Sat 10 am til dusk
www.facebook.robertsfamilyfarm

SKINNER PRODUCE
1480 N HWY 89
MON-SAT 10 am - 7 PM
facebook.com/SkinnerProduce

LAYTON F.E.S.T.
LAYTON COMMONS PARK
437 N WASATCH DR
JULY 12- AUG 30
FRIDAYS 5:30 PM TIL DUSK
www.laytonfest.com

NORTH SALT LAKE Farmers Market
LEGACY PARK 1140 W 1100 N
AUG 3 - OCT 5
SATURDAYS 9 am - 2 PM
nslcity.org/496/Farmers-Market

SYRACUSE Farmers Market

centennial Park
1891 W ANTELOPE DR
JULY 10-AUG 28
WED 5 PM - DUSK
www.facebook.com/syracusecityutahfarmersmarket

BLACK ISLAND FARMS
2075 S 4000 W
801-774-6293
www.facebook.blackislandfarms

WEST POINT

Bennett Farm
950 N 4000 W
801-540-6870
MON - SAT 10 am TIL DUSK
www.facebook.com/pages/Bennett-Farms

IF WE HAVE MISSED A STAND OR MARKET PLEASE LET US KNOW 801-525-5075

Davis County Health Department

Educational Corner

Medicare 101 Class

Free Medicare Information classes for those turning 65 or those that will be retiring soon.
Classes: (wed) Aug 14th @ 6:30-7:30 - Clearfield Library.

Living Well with Chronic Conditions

The workshop is goal-orientated and shown to improved health outcomes for people looking to better manage their Condition. Free six-week workshop.
Workshop: Aug 20th- Sept 24th (Tuesdays) @ 2-4 pm: North Davis Senior Activity Center
To sign up, call Priscilla 801.525.5087

Caregiver Academy

The Caregiver Academy is a free six-week workshop where caregivers learn to manage a care environment, run family meetings, cope with behaviors, and find resources. Managing Care Guide included.
Workshop: Weds, Sept 18th - Oct 23rd @ 11:00 am - 12:30 pm at U of U Farmington Clinic.
Call **801.525.5050**, opt 5 for details.

Dementia Dialogues

Dementia Dialogues is a three-week learning experience designed to educate caregivers of persons who exhibits signs and symptoms associated with Alzheimer's Disease or related dementia.
Workshop: Tues, Aug 13th, 20th, & 27th @ 6:00 - 8:30 pm.
Email: swafihospice@gmail.com or call Amber 801-546-7417 OR Sheryl 801-525-5127.

Stepping On - Building Confidence and Reducing Falls

Stepping On is a seven-week workshop where you will learn exercises and strategies to help you stay strong, active, and independent. Avoiding falls is key to your independents.
To sign up, call Priscilla 801.525.5087 or visit: livingwell.utah.gov -Fall Prevention

THE ACTIVITIES Jar

What's happenin' around you.....

- ★ **North Davis Senior Activity Center**
42 S State Street, Clearfield UT 84015 #801-525-5080
- ★ **Central Davis Senior Activity Center**
81 E Center Street, Kaysville UT 84037 #801-444-2290

Techno Lab
Wednesdays @ 10:00 am
Be as smart as your grandkids! Bring in your "Techy" devices.



Woodstock 50th Anniversary Luncheon
Aug 16th @ 11:00 am
Put on your bell-bottoms and be Groovy!!!!



- ★ **South Davis Senior Activity Center**
726 South 100 East, Bountiful UT 84010
801-451-3660

Arthritis Class
Mon & Thur @ 12:30 pm
Don't be a stiff- Always be flexible!



Do you need help with Prescriptions costs?

Is your Monthly income:
Single: less than 1,485
Married: less than 2,003
Are your Assets:
Single: less than \$13,640
Married: less than \$27,250

You may be eligible for help paying for prescription drug costs
Call Davis County Senior Services
SHIP/SMP at 801-525-5050 opt 5

AUGUST: FUN FACTS!!

Aug 3rd - National Watermelon Day! This BIG fruit deserves It's own BIG day.

Aug 9th - Book Lovers Day!! Reading is educational, informative, and relaxing. It makes us both smarter, and happier people.

Aug 15th - Relaxation Day!! A day to kick back and do nothing. Ahhhh! Avoiding stressful activities today is the rule. For example, if golf is your favorite hobby, yet it can cause you stress, then make plans to play golf another day. Spending the day in a hammock is a far more appropriate activity.

Aug 21st - National Senior Day!! Honors our elderly population. On this day, we are encouraged to recognize and show appreciation for the value and contribution of elderly people to home, family and society.



The Caregiver Academy

The Caregiver Academy is a free series of six workshops that assist family and community caregivers in developing the skills needed to manage an in-home care environment. Each participant receives a free Managing Care Guide.

The Six Workshops:
University of Utah Farmington Clinic
165 North University Avenue, Farmington
Wednesdays at 11:00 am to 12:30 pm
Sep. 18: Finding Caregiver Resources
Sep. 25: Building Caregiver Resilience
Oct. 2: Setting Good Care Boundaries
Oct. 9: Involving Family and Others
Oct. 16: Managing Difficult Behaviors
Oct. 23: Understanding Care Options

Space Limited.
Registration is required.
To sign up call **801.525.5050, Option 5**